

General introductions, thanking them for coming and opening conversation to establish a rapport with participant. Following this moving on to;

- What the research is about and the aim of the research
- The topics that will be discussed during the interview
- the conversation will be audio recorded and identity will not be disclosed during the analysis and in any publications

<b>Question</b>	<b>Probe/follow up questions</b>	<b>Aim</b>
<p>Firstly, I would like to talk to you about your experience of CFTR modulator therapy,</p> <p>How has this influenced your diet?</p>	<p>What have the challenges been?            Have you experienced any change to your weight?            (if not mentioned)</p> <p>What has helped you to manage this?</p>	<p>Experience of change</p> <p>Barriers and facilitators to managing changing dietary needs with CFTR modulators</p>
<p>How have modulators influenced how active you are?</p>	<p>What have the challenges been?</p> <p>What has helped you to manage this?</p>	<p>Barriers and facilitators to managing changing physical activity needs with CFTR modulators</p>
<p>Show visual summary of food diary</p> <p>Let us talk through your food diary</p> <p>Summarise eating pattern</p> <p>Show visual summary of physical activity lets talk through your activity patterns</p>	<p>Who are they with when they eat, where are they when they eat</p> <p>Differences from day to day/ different times of the day/week to weekend days/ foods frequently / not frequently eaten</p>	<p>Identify influences on dietary behaviour</p>

	<p>When does your eating pattern/foods you eat change?</p> <p>What about when you are well/unwell</p> <p>How does it change in these circumstances</p>	<p>Identify influences on physical activity behaviour</p>
<p>Summarise physical activity pattern</p> <p>Let us talk through your activity</p>	<p>Differences from day to day/ different times of the day/week to weekend days</p> <p>What types of sedentary/ physical activity          Who are they with during times of sedentary / physical activity periods/ where are they</p> <p>When does your activity change ?</p> <p>What about when you are well/unwell</p> <p>How does it change in these circumstances</p>	
<p>How do you feel about making changes to your diet?</p>	<p>What do you think would help you?</p> <p>What might make it difficult?</p>	<p>Barriers and facilitator to behaviour change</p>
<p>How do you feel about making changes to how active you are ?</p>	<p>What would be your aim ?</p> <p>What do you think would help you?</p> <p>What might make it difficult?</p>	<p>Barriers and facilitator to behaviour change</p>

<p>Give a brief overview of UK Healthy Eating and Physical Activity Guidelines using the 'Eatwell' plate and Physical Activity Poster</p>	<p>Do you feel these guidelines feel relevant for people living with CF?          Why? /Why not?</p>	<p>Perceptions of diet and physical activity needs for people living with CF on CFTR modulators           Motivations for diet and physical activity behaviours</p>
<p>As I mentioned earlier, your opinions will be used to design a diet and physical activity programme to support people with CF eat a healthy diet and be more active to manage their weight</p>	<p>Have you any experience of trying to change your diet or be more active?          What did you do/try?          What did you find helped you? unhelpful?          How did you feel about having your body composition measured?          How did you feel about recording your food intake?          How did you feel about monitoring your physical activity          What helped you?          What were the challenges?</p>	<p>Identify protentional behaviour change techniques</p>
<p>Thank you for taking the time to talk to me today and for taking part in this research</p>		

<p>Summarise main themes and discussion points to verify with participant</p> <p>Is there anything you would like to add?</p> <p>Do you have any questions you would like to ask me?</p>		
<p>Would you like a copy of your diet, physical activity, and body composition analysis?</p> <p>Would you like me to forward a copy to the CF team?</p>		

The More Life with CF Study Interview Schedule 25 04 24 v1.3

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